

MONDAY

Breakfast

Coconut crunch yogurt

Serves 1

- ½ cup 2% plain Greek yogurt
- 1 tablespoon unsweetened coconut flakes
- 6 walnuts, crushed
- 1 tablespoon hemp hearts
- Dash of cinnamon

Method: Add yogurt into serving bowl and top with coconut flakes, crushed walnuts and hemp hearts. Sprinkle with cinnamon.

Morning snack (optional): ½ cup pineapple, cubed

Lunch

Chicken kale Caesar wrap

Serves 1

- 1 whole wheat wrap
- 4oz chicken breast, cooked and sliced
- ½ cup shredded kale
- ¼ cup carrots, shredded
- 1 tablespoon low fat Caesar dressing

Method: Lay wrap and fill with chicken, kale, and carrots.
Drizzle with dressing, wrap up and enjoy.

Afternoon snack (recommended): 1 sliced apple + 1 tablespoon hazelnut butter

Dinner

One pan chicken Parmesan

Serves 1

- ¼ cup spelt breadcrumbs
- 1 egg
- 5 oz chicken breast
- ¼ cup tomato sauce
- 1 tablespoon low fat mozzarella cheese
- 1 cup of cauliflower florets
- 1 tablespoon avocado oil
- Sea salt

Method: Preheat oven to 350 F. Place breadcrumbs into a small bowl and break the egg into a second small bowl. Whisk the egg. Dip the chicken into the egg mixture and then into the breadcrumb bowl, covering the entire piece of chicken. Place chicken onto one side of baking sheet lined with parchment paper and top with tomato sauce and cheese. On the other side of the pan, lay cauliflower and drizzle with avocado oil and sea salt. Place into oven and cook for 20-25 minutes, until chicken is cooked through and cauliflower is tender.

TUESDAY

Breakfast

Spinach feta omelet bites

Serves 1

- 2 whole eggs
- ¼ cup fresh spinach leaves, torn
- 1 tablespoon feta, crumbled
- Avocado oil spray

Method: Add eggs into small bowl and whisk. Add spinach and feta. Spray two mini muffin cups with avocado oil spray and pour egg mixture in. Cook at 350 F for 15-20 minutes, until eggs are cooked through.

Morning snack (optional): Carrot and cucumber sticks

Lunch

Tofu and soba noodles in peanut sauce

Serves 1

- ½ cup soba noodles, cooked
- ½ cup firm tofu, non-GMO and organic
- ¼ cup cooked edamame
- ½ cup broccoli
- ½ cup yellow peppers, sliced thinly
- 1 tablespoon natural peanut butter
- 1 tablespoon tamari
- ½ tablespoon white wine vinegar

- 1 teaspoon raw honey
- ½ lemon or lime
- 1 tablespoon sesame seeds

Method: Add soba noodles into serving bowl and top with cooked tofu, edamame, broccoli and peppers. In a small bowl, add peanut butter, tamari, white wine vinegar, honey and lemon/lime juice. Whisk together until well combined and drizzle over bowl. Mix together until noodles and vegetables are well coated and sprinkle with sesame seeds.

Afternoon snack (recommended): 1 orange + 40 unsalted pistachios

Dinner

Baked fish sticks

Serves 1

- 1 egg
- ¼ cup spelt, gluten free or whole wheat breadcrumbs
- ¼ teaspoon sea salt
- ¼ teaspoon paprika
- 5 oz piece of cod, cut into 1-inch pieces
- 1 cup of arugula + 1 tablespoon olive oil based dressing

Method: Preheat oven to 375 F. In a small bowl crack and whisk the egg. In a separate small bowl, add the breadcrumbs, sea salt and paprika. Dip each piece of fish into the egg and then dip into the breadcrumb mixture to coat. Place onto lined baking sheet. Place fish sticks into the oven and cook for 12-15

minutes, until fish is cooked through and flakey. Serve with arugula salad drizzled in dressing.

WEDNESDAY

Breakfast

Avocado breakfast toast

Serves 1

- 1 slice of sprouted grain toast
- ¼ avocado, mashed
- 2 tomato slices
- 1 hard boiled egg, sliced
- Sprinkle of sea salt
- Sprinkle of chili flakes

Method: Lay toast and top with mashed avocado, tomato slices and sliced hardboiled egg. Sprinkle with sea salt and chili flakes.

Morning snack (optional): 1 small banana

Lunch

Greek salad bowl

Serves 1

- ¼ cup cooked quinoa

- ½ cup diced tomatoes
- ½ cup diced cucumber
- ¼ cup diced red onion
- 1 green pepper, diced
- 6 black olives
- ½ cup chickpeas
- 1 tablespoon crumbled feta
- Greek dressing: 1 tablespoon extra virgin olive oil + 1 teaspoon Dijon mustard + 1 teaspoon lemon juice + 1 teaspoon dried basil + 1 teaspoon dried oregano

Method: In a serving bowl, add cooked quinoa as the base and top with tomatoes, cucumber, onion, green pepper, olives, chickpeas and feta. In a small bowl, whisk together the dressing ingredients and drizzle over bowl. Toss to coat.

Afternoon snack (recommended): ½ cup 2% cottage cheese + ½ cup raspberries

Dinner

Spaghetti squash with mushroom meat sauce

Serves 1

- ½ small spaghetti squash
- ½ cup lean ground turkey
- ½ sweet onion, finely chopped
- 1 garlic clove, minced
- ½ cup mushrooms, chopped
- ½ cup of tomato sauce
- Fresh basil leaves, torn

Method: Preheat oven to 350 F. Cut spaghetti squash lengthwise, remove seeds and pierce skin with a fork. Place squash cut side down on a baking sheet lined with parchment paper and bake for 45 minutes. While squash is in oven – make the sauce.

Heat medium saucepan and add the ground turkey to brown it, breaking up and turning it to cook through for about 8-10 minutes. Add chopped onion and garlic and sauté until soft and fragrant, about 5-7 minutes. Add mushrooms and sauté until softened and a little browned. Then add the sauce and bring to a boil. Lower heat and simmer for 20 minutes.

After 45 minutes, turn squash and bake for another 5-10 minutes, until skin is tender. Remove from oven and allow to cool. Once cooled, run fork inside of cooked squash to get the spaghetti squash. Add meat sauce and basil leaves and enjoy.

THURSDAY

Breakfast

Carrot cake smoothie

- 1 scoop of vanilla protein powder
- 2 large carrots
- ½ banana
- 1 cup unsweetened almond milk
- 1 teaspoon cinnamon
- 1 tablespoon hemp hearts
- 3-4 ice cubes

Method: Add all ingredients into blender and blend on high until smooth and creamy.

Morning snack (optional): 1 cup of snap peas

Lunch

Grilled cheese with tomato salad

- 1 teaspoon butter
- 2 slices of rye bread
- 1 slice of cheddar cheese
- 1-2 cups of arugula
- ½ cup cherry tomatoes, halved
- ½ cup chickpeas
- 1 tablespoon olive oil + 1 teaspoon balsamic vinaigrette

Method: Spread butter onto bread slices and place cheese in the middle. Cook over medium heat in a small pan until cheese is melted. Assemble salad with arugula, tomatoes, chickpeas and oil and vinegar.

Afternoon snack (recommended): 1 sliced hard boiled egg with 1-2 tangerines

Dinner

Steak and sweet potato

Serves 1

- 1 small sweet potato

- 6 oz piece of steak
- 1 cup of kale + 1 tablespoon olive oil + 1 teaspoon balsamic vinegar

Method: Preheat oven to 400 F. Place sweet potato on a small baking sheet and put into oven for 45-60 minutes, until soft. While potato is in the oven, warm a cast iron skillet over high heat for about 5 minutes. Grill steak for 5-7 minutes, flipping halfway through until cooked to desired doneness . Serve with kale salad.

FRIDAY

Breakfast

Green ginger smoothie

Serves 1

- 1 scoop of vanilla protein powder
- 1 inch piece of fresh ginger, grated
- ½ banana
- ¼ avocado
- 1 cup of baby spinach leaves
- 1 cup of unsweetened oat milk
- 1 tablespoon of hemp hearts

Method: Add all ingredients into a blender and blend on high until smooth and creamy.

Morning snack (optional): 1 pear

Lunch

Vegetable fried rice

Serves 1

- 1 tablespoon avocado oil
- 1 garlic clove, minced
- ½ small onion, chopped
- ½ cup carrot slices
- ½ cup broccoli florets
- 2 eggs, scrambled
- 1 teaspoon toasted sesame oil
- 1 teaspoon tamari
- ½ cup brown rice, cooked
- ½ cup edamame, cooked
- 1 teaspoon sesame seeds
- 1 tablespoon green onions, chopped

Method: In a large skillet, warm the avocado oil and sauté the garlic and onion for 5-7 minutes. Add the carrots and broccoli and sauté for another 5 minutes. Add the scrambled eggs, sesame oil, tamari, cooked brown rice and edamame and mix together. Sprinkle with sesame seeds and green onions.

Afternoon snack (recommended): Celery sticks and baby carrots + 2 tablespoons hummus

Dinner

Pesto salmon with steamed cauliflower

Serves 1

- 5 oz piece of salmon
- 1 tablespoon pesto (Sunflower kitchen makes a great one)
- 1 tablespoon parmesan cheese
- Small head of cauliflower

Method: Preheat oven to 325 F. Place salmon on lined baking sheet and cover with a thin layer of pesto. Sprinkle with Parmesan cheese and place into oven for 15-20 minutes, until cooked to desired doneness. Cut cauliflower into florets and steam in a steaming basket for 5-8 minutes.

SATURDAY

Breakfast

Breakfast egg plate

Serves 1

- 2 eggs
- 1 slice of sprouted grain toast
- 1 teaspoon butter
- ½ grapefruit
- Tomato slices
- ¼ avocado, sliced

Method: In a small bowl, whisk eggs. Pour eggs into small pan sprayed with avocado oil and scramble over medium heat. Serve with buttered toast, grapefruit and tomato and avocado slices.

Morning snack (optional): 6 Mary's crackers + 1 tablespoon apple butter

Lunch

Chickpea pasta in tomato sauce

Serves 1

- ½ cup chickpea pasta, cooked
- 1 cup tomato sauce
- ½ cup cherry tomatoes
- 1 tablespoon bocconcini cheese pearls
- 8 black olives, sliced

Method: Add cooked pasta into serving bowl and top with tomato sauce, cherry tomatoes, cheese and olives.

Afternoon snack (recommended): ½ cup 2% plain Greek yogurt + ¼ cup fiber cereal

Dinner

Mini chicken meatballs

Serves 1

- 5 oz lean ground chicken
- 1 tablespoon whole wheat breadcrumbs
- 1 egg
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper
- ½ teaspoon onion powder

- 1 cup of zucchini noodles
- 1 tablespoon extra virgin olive oil

Method: Preheat oven to 350 F. In mixing bowl, add ground turkey, breadcrumbs, egg, garlic powder, pepper and onion powder. Combine mixture together and form into 3-4 mini meatballs. Place into preheated oven for 12-18 minutes, until cooked through and no longer pink. Add zucchini noodles onto pan over medium heat for 1-2 minutes, until beginning to soften. Drizzle with olive oil and serve with cooked meatballs.

SUNDAY

Breakfast

Strawberry avocado smoothie

Serves 1

- ½ cup 2% plain Greek yogurt
- ½ cup strawberries
- ¼ avocado, cubed (frozen or fresh)
- 1 cup unsweetened almond milk
- 1 tablespoon chia seeds
- 1 cup of kale

Method: Add all ingredients into blender and blend on high until smooth and creamy.

Morning snack (optional): ½ cup cubed watermelon

Lunch

Black bean tostadas

Serves 1

- ½ cup of black beans
- 1 whole wheat wrap, toasted
- ¼ avocado, sliced
- 1 tablespoon cilantro, chopped
- 1 tablespoon shredded lettuce

Method: Mash black beans and top onto toasted wrap. Add avocado slices, cilantro and lettuce.

Afternoon snack (recommended): Healthy protein bar

Dinner

Chicken fajitas in lettuce cups

Serves 1

- 5 oz chicken breast
- 1 teaspoon + 1 tablespoons avocado oil, divided
- ½ teaspoon smoked paprika
- ½ teaspoon oregano
- ¼ teaspoon of freshly ground black pepper
- ¼ cup onion, chopped
- 1 red pepper, sliced into thin strips
- 3-4 Boston lettuce leaves
- 1 tablespoon salsa or chopped tomatoes
- 1 tablespoon cheddar cheese, shredded

Method: Preheat oven to 350 F. On a small baking sheet lined with parchment paper, drizzle chicken breast with 1 teaspoon

of avocado oil and season with paprika, oregano and pepper. Cook for 20-25 minutes, until cooked through. While chicken is cooking, warm up the remaining tablespoon of avocado oil in a small pan over medium heat and sauté onion and peppers for 5-7 minutes, until soft and fragrant. Once chicken is cooked, remove from oven, allow to cool, and cut into thin strips. Place into lettuce wraps along with the salsa or tomatoes and shredded cheese.